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WATSON HAS BEST TRANSIT PLAN FOR OTTAWA

Vote today to continue Ottawa's light rail expansion

A message from Jim Watson

Today is Election Day. The biggest issue at the ballot box is how we can improve our transit system and reduce commute times. My goal is to get you home faster, so you can spend more time where it matters most.

We're on the right track. The first stage of Ottawa's light rail transit (LRT) system is finally under construction, with a fixed

price contract. The downtown LRT tunnel is more than 60% excavated. Working together, we are building the world-class transit system that the nation's capital deserves.

But we can't stop there. I have a credible, affordable plan to expand LRT even farther. Stage two of LRT will go east to Orleans, west to Bayshore and Algonquin College, and south to Riverside South and Bowesville.

Every train will be your train. At peak times, service will be every four minutes. You can learn more about my plan on the back page.

Unfortunately, several of my opponents want to press the reset button and cancel our plan. We can't let them. We've come too far together to turn back the clock.

I hope I can count on your support – for a strong mandate

– to deliver better transit for you and your family.

Remember, every vote counts. You have a say. Polls are open today from 10 am to 8 pm, and you can find your polling location quickly by visiting jimwatson.ca/where. Thank you for your consideration.

See Watson's transit plan on the back page >>

Today is Election Day | Find your polling location: jimwatson.ca/where

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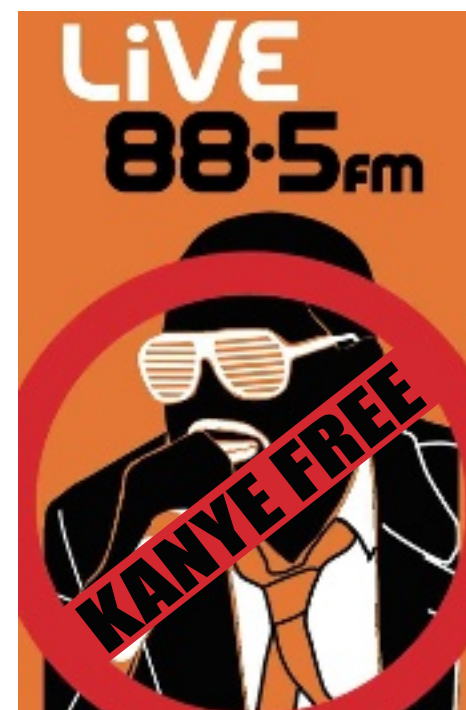
SONG ON WEEZER'S NEW
ALBUM PONDER'S FATE OF
THE OVER-THE-HILL
ROCK STAR **PAGE 11**

Remembrance
Day to go ahead
as planned

Program not changing: Legion
PAGE 2

New U.S. Ebola
quarantines
draw criticism

Quarantined nurse speaks out
PAGE 8



GHOMESHI CANNED

Radio host Jian Ghomeshi, pictured here in 2012, alleges he was fired by the CBC "because of the risk of (his) private sex life being made public as a result of a campaign of false allegations." He made the claim in a Facebook post Sunday after the CBC announced it was parting ways with him. Story, page 7.

PHILIP WALKER/TORSTAR NEWS SERVICE

Zehaf Bibeau
made video prior
to attack: RCMP

'Ideological and political motives.'
Statement contradicts what shooter's mother has told the media about her son



JOE LOFARO
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The RCMP said Sunday they have obtained a video of shooter Michael Zehaf Bibeau and the preliminary investigation has revealed his motivations were "ideological and political."

In a statement, RCMP Commissioner Bob Paulson said the video was recorded just before the attack, which left Cpl. Nathan Cirillo dead with two gunshot wounds.

Paulson did not say how the RCMP obtained the video

or what is depicted in it.

"The RCMP is conducting a detailed analysis of the video for evidence and intelligence. You must understand that we cannot release this video at this time and I would ask for your patience in this regard," the statement read.

While the RCMP says it does not know the origin of the rifle Zehaf Bibeau used in the attack, it notes he earned "a considerable amount of funds" by working in the Alberta oil fields.

They said the gun was "old and uncommon" and could have been previously hidden on his aunt's property in Mont Tremblant, Que.

The statement from the RCMP labelled the shooting incident as a "terrorist attack," which is in line with Prime Minister Stephen Harper's characterization of Wednesday's events, but runs counter to statements made by Zehaf Bibeau's mother to

Postmedia News suggesting he may have suffered from mental illness. Paulson said investigators are also looking at Zehaf Bibeau's interactions with "numerous individuals in the days leading up to this attack," and whether those interactions contributed or facilitated it.

"This nationally scoped investigation remains exceptionally active and fluid," wrote Paulson. "The RCMP undertakes to get as much information to the public as quickly as we can."

Paulson's statement also said police believe Zehaf Bibeau stored a knife at his aunt's property in Mont Tremblant, which they said he brought with him in his attack.

The RCMP has also asked Ontario Provincial Police to investigate the actions of police officers inside of Parliament on Wednesday.

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Remembrance Day program to proceed despite shooting

Nov. 11. Ceremony usually attended by prime minister, military officials, cabinet ministers

The Remembrance Day service at the National War Memorial — site of a soldier's slaying this week — will go ahead as planned and promises to be bigger than ever, organizers say.

The Royal Canadian Legion, which is responsible for the service held at the monument near Parliament Hill, says the deaths this week of two soldiers will not disrupt arrangements for the solemn Nov. 11 ceremony.

"The program isn't changing. We are still going to deliver the ceremony that Canadians expect," said Scott Ferris, director of marketing and membership for the legion.

Cpl. Nathan Cirillo was shot

Wednesday at the war memorial. Warrant Officer Patrice Vincent, 53, was killed after being struck by a car in a deliberate attack in St-Jean-sur-Richelieu, Que. on Monday. The motorist was later shot and killed by police.

The two deaths have raised fears that Canada's military has become a target as the country begins combat operations in Iraq against ISIS extremists.

Ferris said it's certain that security plans will change as a result of Wednesday's attack but said he's confident that Canadians will still be able to get close to the monument for the ceremony and the traditional parade of veterans.

"I haven't heard any changes to that as of yet," Ferris said.

The annual service has drawn increasingly bigger crowds as Canadians seek to honour not only the sacrifices of past conflicts but also pay tribute to those killed in the Afghanistan mission.



"We're anticipating that there will be even larger crowds at the ceremony and that's great. We're very encouraged."

Scott Ferris, of the Royal Canadian Legion

Sentries stand guard at the National War Memorial Sunday as members of the public gather to pay their respects to Cpl. Nathan Cirillo, who was shot dead Wednesday by Michael Zehab Bibeau. JOE LOFARO/METRO

Last year's event drew an estimated 40,000 people and Ferris said the legion expects an even bigger crowd this year, as

Canadians seek to honour the latest military casualties.

"There certainly seems to be a very large outpouring in

terms of calls we are getting at legion branches across the country," Ferris said.

TORSTAR NEWS SERVICE

Mayor Jim Watson wins Ottawa burger poll



Burgers n' Fries Forever co-founder Jamil Bhuya grins from behind the burger hopefuls. TREVOR GREENWAY/METRO

If the Metro and Burgers n' Fries Forever mayoral burger poll is any indication of how things will turn out on Monday's election night, Jim Watson will be Ottawa's new mayor, with stiff competition from Anwar Syed as the runner-up.

The Jim Watson burger — an homage to mayor Watson's LRT project with lettuce, red onion and tomato — was ordered 165 times since sales began Sept. 22.

Mayoral hopeful Anwar

Syed's spicy burger boasting a falafel patty, spicy fried onions and deep-fried jalapeños, yielded the second-most orders at 145.

The two burgers did so well that co-founder Jamil Bhuya is putting both on the permanent menu.

While the promotion brought in publicity for the Bank Street joint, it also got people talking about the election, and Bhuya hopes that means higher voter turnout.

"It was great press for us and it got a lot of people talking," said Bhuya. "I think it will definitely get some voters out there. We sold almost 600 mayoral burgers, so it has to push some people to go out and vote."

Darren Wood's blue cheese and onion-ring burger came in third with 62 orders, while Bernard Couchman's bacon and caramelized onion burger topped 54. Mike Maguire's fries and gravy burger pulled in

53 hungry supporters for fifth place, while Robert White's spinach, avocado purée and cucumber pulled in 35 sales.

"It was cool to see the actual politicians come in," said Bhuya.

"It was nice to see that they are real people — they are coming in, making their rounds."

Monday's election results will prove once and for all how accurate the Ottawa mayoral burger poll actually was.

TREVOR GREENWAY/METRO



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RCMP, CSIS overworked, senator says

Suspected domestic terror plots. Colin Kenny says Ottawa not putting money where its mouth is

Top officials of Canada's security agencies will be on the hot seat Monday, pressed about their investigations and resources to probe suspected domestic terror plots after last week's fatal attacks on military personnel.

The attacks that cost two soldiers their lives promise to dominate the agenda as Bob Paulson, the commissioner of the Royal Canadian Mounted Police, and Michael Peirce, assistant director of intelligence with the Canadian Security Intelligence Service, appear before the Senate's national security and defence committee.

The focus is likely to be on what measures CSIS and the RCMP are taking to prevent such attacks and whether they have sufficient resources to do so.

Sen. Colin Kenny, a former chair of the committee, has his

doubts, saying simply: "They don't have the capacity to do it ... The phrase that is in vogue is 'risk management'. It's just not acceptable when you're talking about terrorists."

Public Safety Minister Steven Blaney has brushed aside questions whether the agencies have enough funding and resources to handle the rapidly expanding demands of probing potential domestic terror plots.

"As a government we have invested and beefed up those budgets," Blaney told the Global News program West Block on Sunday.

"At this time, I have been given assurance that all the resources needed are available to keep our country safe," Blaney said.

The government has already signaled that it intends to give CSIS broader powers to gather and share intelligence. But the question is whether the attacks will spur more sweeping changes.

"We will contemplate any additional measures that could be needed so that they have the capacity to adjust to that evolving threat," Blaney said.

TORSTAR NEWS SERVICE



Traffic stop gone awry

An Ottawa police officer with the force's canine unit checks out a car that was part of a tumultuous traffic stop Saturday on Bank Street near Evans Boulevard. Police said the driver became agitated, punched an officer and narrowly missed being hit with a taser by another officer as the man tried to run away. Police said a third plainclothes officer from a different force saw what was happening and fired a shot. The driver was apprehended and arrested. Police said the canine and bomb disposal unit were called in to ensure the vehicle was safe for towing. The incident is under investigation. MIKE CARROCCETTO/METRO

Concert

Prince Charles to pay respect to Cpl. Nathan Cirillo

Prince Charles will be attending a special concert dedicated to the life of a Canadian soldier who was shot and killed while standing guard at the National War Memorial on Wednesday.

The National Arts Centre (NAC) Orchestra and London's

Royal Philharmonic Orchestra are uniting in London to perform a tribute to Cpl. Nathan Cirillo on Monday, Oct. 27.

After opening fire, 32-year-old Michael Zehaf Bibeau got in a beige car and drove up Wellington Street to Parliament Hill. He ran with a large rifle, hijacked a ministerial car and drove to Centre Block. He was shot dead by Kevin Vickers, the sergeant-at-arms of the House of Commons. LUCY SCHOLEY/METRO

Fury FC vs. Indy

Fury fall in last home game of the season

In front of a boisterous crowd of 4,172 that braved the chilly weather for the final Fury FC home game of 2014, the homeside narrowly fell 2-1 to fellow NASL expansion side Indy Eleven. Despite an injury time goal from Brazilian winger Oliver, Fury FC were

made to pay for two defensive breakdowns, as Indy's Jhuliam and Victor Pineda both found the back of the Ottawa net to lead Juergen Sommer's team to victory.

"We weren't good in the first half, and after that first half we had to catch up. The home team should never have to catch up in a game — it was disappointing," admitted Fury FC head coach Marc Dos Santos, whose side fell to their third consecutive defeat. METRO

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The Moneyball of hockey. Local hockey analyst using player tracking to map NHL player possession



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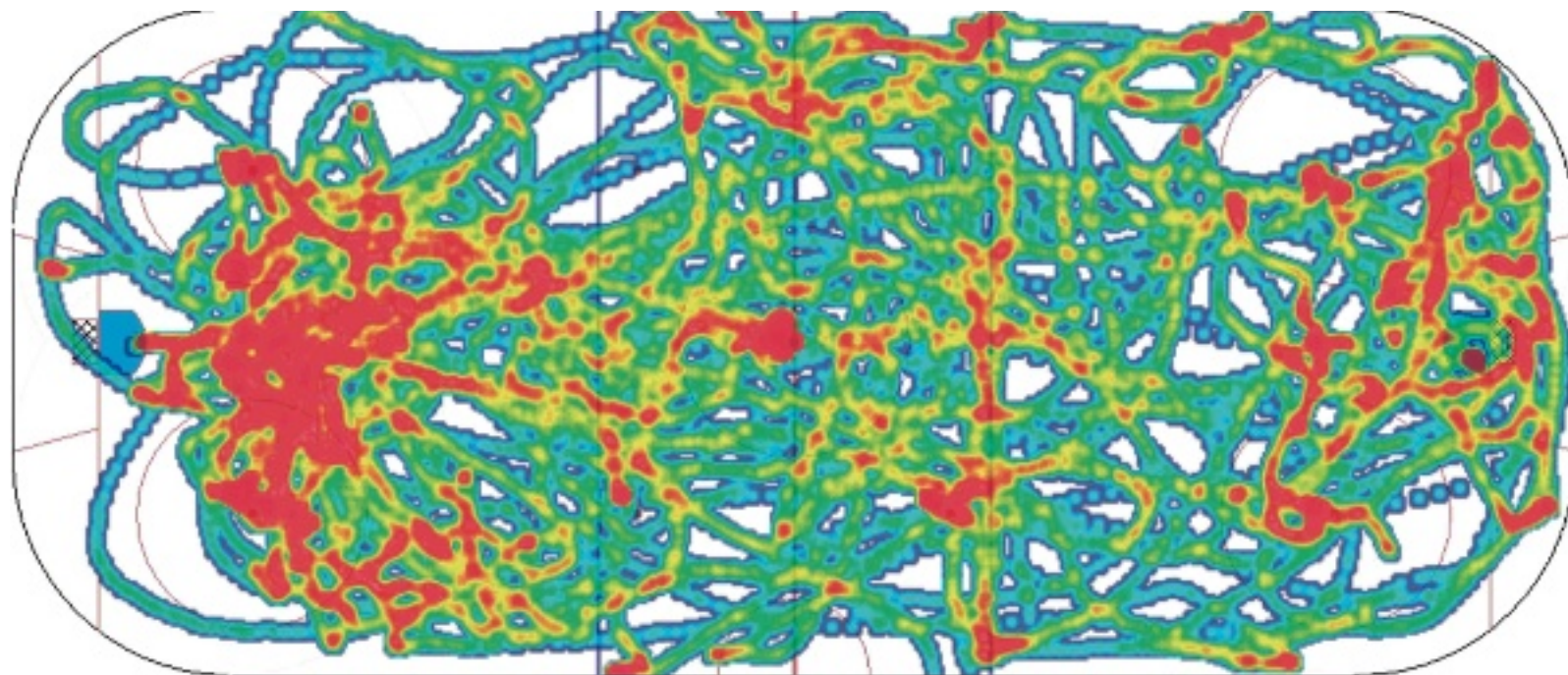
An Ottawa hockey analyst is using live player tracking technology that could ultimately change the way players play, coaches coach and how hockey clubs build their teams.

Marc Appleby, President of PowerScout Hockey has adopted a player-tracking system that logs possession time for every single hockey player on the ice in a given game.

No more need to rely on Corsi and Fenwick as a proxy for possession; Appleby's three-camera system captures every player's movement, regardless of where they are on the ice.

"We will know exactly how long each player has the puck for, passing efficiency, how fast he is skating, how hard he is trying, how far away he is for everyone," said Appleby. Think of it as the Moneyball of hockey.

Appleby and his crew have tracked 60 NHL games so far in 17 different NHL arenas in the league. Once the data is processed, it will give teams a level of statistics they have never been able to process before — taking



A heat map for an NHL centre shows where the player was during the entire game and where he was when he had the puck (red). CONTRIBUTED

things like passing percentage a leap further to break it down to player decision-making.

"Some guys are more successful when they are in open ice versus when they are in traffic, so now we can assess these nuances to player performance that haven't been possible before," said Appleby.

"There is no part of the game that can't be measured and mapped that allows a team to answer really any question

Quoted

"We will know exactly how long each player has the puck for, passing efficiency, how fast he is skating, how hard he is trying, how far away he is for everyone."

Marc Appleby, President of PowerScout Hockey, talks about his player-tracking system.

about the game. We will be able to say things like, 'When you attack slow-footed defence-men who are right-handed

with speed along the wall, you create 10 per cent more scoring chances," said Appleby.

PowerScout Hockey has

partnered with ProZone Sports, who invented the optical tracking system for European football in 1997.

From an analysis standpoint, teams usually rely on video to assess positioning and success patterns. But the problem with video, says Appleby, is you get only one view, usually where the puck is.

With Appleby's system, coaches can now look at the data and see things such as

where a late trailing defence-man was when he missed that important point shot.

Appleby has worked with several different NHL teams in the past and is currently working with an Eastern Conference team this year for the full season. He has also tracked several junior hockey games, including last year's Memorial Cup. He hopes to bring more teams on board to ultimately change hockey by the numbers.

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PowerScout Hockey President Marc Appleby says research suggests that the Ottawa Senators will finish this season with 86 points and will just miss the playoffs. TREVOR GREENWAY/METRO

Watson makes final campaign speech ahead of Monday's vote

Election. Vows to continue the work he started four years ago



TREVOR GREENWAY
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Ottawa Mayor Jim Watson says the biggest issue facing voters on election day, is Phase 2 of light rail transit.

The incumbent mayor who is seeking re-election, says a "strong mandate" for the next four years will help him negotiate with federal and provincial governments to help fund the second phase of LRT and other projects. He didn't offer up a percentage goal for Monday's election, only saying that "any mandate over 50 per cent is great." Watson got 48 per cent of the vote



Ottawa Mayor Jim Watson says the biggest issue facing voters on election day, is Phase 2 of light rail transit. TREVOR GREENWAY/METRO

four years ago.

"I would like to have a strong mandate in all corners of the city, because I think it does give me that greater clout around the table to get the job done,"

he said during his final campaign speech Sunday ahead of Monday's vote.

Watson's main challenger, Mike Maguire, wants to scrap the light rail project and revert back to diesel-

run trains on existing rails throughout the city. Watson says he doesn't want to see voters lose another four years of the project's development.

"LRT will guide how our city moves and develops for decades to come," added Watson. "Ottawa has waited far too long for a world-class transit system."

If elected Monday night, Watson vowed, in front of a room full of supporters at his campaign headquarters Sunday, to continue the work he started four years ago.

"I know that our city's residents also take this election very seriously, that is why I have made credible, affordable, realistic commitments, if I am fortunate to be elected tomorrow, that I will implement," he said.

Ottawa polls open at 10 a.m. Monday.

New video

Watson parodies House of Cards

Mayor Jim Watson doesn't care for dirty political tricks, or flashy campaign stunts, or does he?

In a new campaign video released Sunday, Watson parodies the Netflix original series House of Cards with his own spin — Hall of Cards — that expresses his simple and transparent approach to this year's election.

In the video, Watson's right-hand man Ryan Kennery suggests hitting potential voters with flash mob, smear campaign or a

parody video to get people's attention.

Watson then winks at the camera.

"No, no, look, we are not going to do parody videos, we are not going to do a flash mob," he says in the professionally shot video.

"These things just don't work. People know where we stand. We are for progress on light rail; the other guys want to push the reset button. It's plain and simple. We have got a plan, we are going to stick with it."

Watson then ends the meeting and says it's time to hit up a local bake sale.

When a campaign worker asks what bake sale, he quips, "all of them."

TREVOR GREENWAY/METRO



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CBC tight-lipped on firing Jian Ghomeshi; host says network found his sex life 'unbecoming'

\$50 million. The radio personality is suing CBC for breach of confidence and bad faith, and pursuing reinstatement

Radio host Jian Ghomeshi says he has been fired from the CBC because they believed his "sexual behaviour was unbecoming of a prominent host" on the public broadcaster.

Ghomeshi made the claim in a startling Facebook post Sunday that surfaced just hours after CBC issued a statement saying they were severing ties with the popular personality because of "information" the network had received about him.

After that announcement, a Toronto law firm representing Ghomeshi issued a brief statement saying it would launch a lawsuit against the CBC.

"I've been fired from the CBC because of the risk of my private sex life being made public as a result of a campaign of false allegations pursued by a jilted ex girlfriend and a freelance writer," Ghomeshi said in the post, which a publicist confirmed had indeed been written by the radio host.

In the post, Ghomeshi said he has "always been interested in a variety of activities in the bedroom," but only engages in "sexual practices that are mutually agreed upon, consensual, and exciting for both partners."

He said he began to date a woman in her late 20s two years ago and that they had an "affectionate, casual and passionate" relationship that involved "adventurous forms of sex."

He went on to say he ended their relationship earlier this year, which upset the woman, and that early in the spring there was "a campaign of harassment, vengeance and demonization" that resulted in "months of anxiety."

He went on to say in the post: "It came to light that a woman had begun anony-



Radio presenter Jian Ghomeshi arrives at CBC's Toronto studios in this January 2010 file photo. CHRIS YOUNG/THE CANADIAN PRESS

ously reaching out to people that I had dated (via Facebook) to tell them she had been a victim of abusive relations with me. In other words, someone was reframing what had been an ongoing consensual relationship as something nefarious. I learned — through one of my friends who got in contact with this person — that someone had rifled through my phone on one occasion and taken down the names of any woman I had seemed to have been dating in recent years. This person had begun methodically contacting them to try to build a story against me."

In addition, he asserted in the post: "Someone also began colluding with a freelance writer who was known not to be a fan of mine and, together, they set out to try to find corroborators to build a case to defame me."

Ghomeshi said he has been open with CBC about

Quoted

"It came to light that a woman had begun anonymously reaching out to people that I had dated (via Facebook) to tell them she had been a victim of abusive relations with me. In other words, someone was reframing what had been an ongoing consensual relationship as something nefarious."

Jian Ghomeshi, in a Facebook post Sunday

the matter and that he has "never believed it was anyone's business" what he does in his private affairs but that he wanted his bosses to be aware of the situation.

"CBC has been part of the team of friends and lawyers assembled to deal with this for months," he wrote. "On Thursday I voluntarily showed evidence that everything I have done has been consensual."

"I did this in good faith and because I know, as I have always known, that I have nothing to hide. This when

the CBC decided to fire me.

"CBC execs confirmed that the information provided showed that there was consent. In fact, they later said to me and my team that there is no question in their minds that there has always been consent. They said they're not concerned about the legal side. But then they said that this type of sexual behaviour was unbecoming of a prominent host on the CBC. They said that I was being dismissed for 'the risk of the perception that may come from a story that could come out.'

To recap, I am being fired in my prime from the show I love and built and threw myself into for years because of what I do in my private life."

A CBC spokesman said the broadcaster had no comment on the Facebook post because of the pending lawsuit.

Earlier, the broadcaster said the decision to cut ties with Ghomeshi was: "Not made without serious deliberation and careful consideration. Jian has made an immense contribution to the CBC and we wish him well."

Toronto law firm Dentons Canada LLP says the action will claim general and punitive damages for breach of confidence and bad faith in the amount of \$50 million.

The law firm said documents would be filed on Monday in court but did not elaborate.

Cultural affairs

It wasn't immediately clear Sunday what would happen to Q, a daily national talk show on CBC Radio One and CBC-TV that Ghomeshi co-created and that featured interviews with celebrities and prominent international figures.

- Ghomeshi's last day in the host's chair was Thursday.
- The cultural affairs program, which launched in 2007, is broadcast on more than 180 NPR/PRI stations and syndicated in the U.S.
- Ghomeshi had been scheduled to host the Scotiabank Giller Prize gala on CBC-TV on Nov. 10 in Toronto. But Elana Rabinovitch, a spokeswoman for the book prize, said in an email Sunday he will no longer preside over the gala.

lective agreement.

CBC spokesman Chuck Thompson said in an email Sunday afternoon that if the CBC is served with legal documents it will contest the lawsuit vigorously.

On Friday, Ghomeshi, 47, tweeted that he was taking some "much needed personal time" away from the broadcaster. That came after an emotional posting on his Facebook page earlier this month about the recent death of his father.

It wasn't immediately clear what would happen to Q, a daily national talk show on CBC Radio One and CBC-TV that Ghomeshi co-created. Thompson said "it's not uncommon for CBC to use guest hosts on Q and that's what we'll be doing for the foreseeable future."

The departure leaves a gaping hole in the broadcaster's lineup. Ghomeshi was not only a force on radio but did TV appearances as well, and offered a dose of urbane cool to the often stodgy CBC.

THE CANADIAN PRESS

Quarantined nurse critical of N.Y., N.J. state Ebola policies

'This is not a situation I would wish on anyone.' U.S. health-care worker worries for those who will be held after her.

A nurse who was quarantined at a New Jersey hospital — because she had contact with Ebola patients in West Africa — has criticized the way her case has been handled, raising concerns from humanitarian and human rights groups over unclear policies for the newly launched quarantine program.

Kaci Hickox, the first traveller quarantined under Ebola watches in New Jersey and New York, wrote a first-person account for the Dallas Morning News online Saturday. Her tests for Ebola came back negative.

"This is not a situation I would wish on anyone, and I am scared for those who will follow me," Hickox wrote of her quarantine. "I am scared about how health-care workers will be treated at airports when they declare that they have been fighting Ebola in West Africa. I am scared that, like me, they will arrive and see a frenzy of disorganization, fear and, most frightening, quarantine. ... The U.S. must treat returning health-care workers with dignity and humanity."

New York Gov. Andrew Cuomo and New Jersey Gov. Chris Christie on Friday imposed a mandatory quarantine of 21 days — the incubation period of the deadly virus — on travellers who have had contact with Ebola patients in the countries ravaged by Ebola — Liberia, Guinea and Sierra Leone. Simi-

Identifying risk levels

Gov. Rick Scott is ordering twice-daily monitoring for anyone returning from places the federal Centers for Disease Control and Prevention designates as affected by Ebola.

- **Authority to monitor.** Scott said his administration asked the CDC to identify risk levels of returning individuals from the affected areas in West Africa.
- **Ebola.** Scott said he was taking action out of an abundance of caution following news that a New York doctor tested positive for Ebola.

lar measures were announced in Illinois and Florida.

The hazy details of how such quarantines will be handled are drawing sharp criticism as infectious disease experts say enforcement logistics are up in the air.

The quarantine measures were announced after a New York physician, Craig Spencer, working for Doctors Without Borders returned from Guinea and was admitted to Manhattan's Bellevue Hospital Center earlier this week to be treated for Ebola.

Dr. Irwin Redlener, a Columbia University professor and director of the New York-based National Center for Disaster Preparedness, said the logistics of the states' new quarantine policy are "a problem."

"The challenge now is how you translate this quarantine plan to operational protocol," Redlener said.

THE ASSOCIATED PRESS



From left, New York City Mayor Bill de Blasio, wife Chirlane McCray, and New York City Health Commissioner Dr. Mary Bassett have a meal at The Meatball Shop in New York on Saturday, where Dr. Craig Spencer, an Ebola patient, ate just before he became ill. De Blasio was not consulted by New York Gov. Andrew Cuomo about the new airport regulations, and the governor's warning Friday that 'hundreds and hundreds of people' could be infected by simply riding a bus with an Ebola patient ran contrary to the mayor's attempts to tamp down public fear. CRAIG RUTTLE/THE ASSOCIATED PRESS

Ebola anxiety taking toll on Canadians

The Ebola virus may not have crossed Canada's border, but the epidemic sweeping parts of west Africa is taking a toll on many Canadians.

Those with parents, brothers, sisters and cousins in Liberia, Sierra Leone and Guinea say they are living on the edge — filled with anxiety every time the phone rings and dealing with the stigma created by the disease.

Abu Bakarr Kamara, who immigrated from Sierra Leone in 2003 and lives in Winnipeg, said he often lets his phone go to voice mail when it rings,

for fear of hearing his father or sister have fallen ill.

"I listen to the voice mail before I call back," he said. "If I don't hear any terrible news on the voice mail, I say, 'Thank God.' That's our life right now."

"It's frustrating. It's terrible. It's terrifying. Sometimes you go to bed thinking about what horrible news you could get from back home. You just pray. It's really heartbreaking."

The World Health Organization estimates the disease has killed more than 4,900 people and infected about

10,000 — virtually all in Liberia, Guinea and Sierra Leone. A lack of beds in Ebola clinics is also forcing families to care for relatives at home, risking further spread of the virus, the WHO has said.

"The rate that people are getting infected in the capital city, it's all so heartbreaking," said Kamara, vice-president of the Sierra Leone Nationals Association of Manitoba. "It's like there is no hope, even though we try to hope for the best."

Liberian-Canadians are also feeling the effects of the epi-

demic in their adopted country, he said. People back away suspiciously when they find out someone is originally from Liberia. Others cast suspicion with questions: when were you last there? Have you entertained any visitors recently?

"Just because a person is Liberian or from west Africa, that doesn't mean the person is carrying the Ebola virus," said John Gaye, president of the Canadian Liberian Friendship Association in Edmonton. "It's our responsibility to educate the person that we're dealing with." THE CANADIAN PRESS

Egyptian protests

Court convicts democracy activists of illegal protests

An Egyptian court on Sunday convicted 23 activists of staging an illegal demonstration, sentencing them each to three years in jail in the latest crackdown by authorities on the secular pro-democracy movement behind the 2011 uprising against longtime ruler Hosni Mubarak.

The Cairo court also fined

the defendants, who include at least seven women, 10,000 pounds each and ordered that they be placed under police surveillance after they serve their sentence.

The case is rooted in a peaceful demonstration the defendants had allegedly participated in last June near the presidential palace in Cairo's Heliopolis suburb.

The demonstration was called to protest a law adopted late last year that severely restricts the right to stage street protests.

THE ASSOCIATED PRESS

Ukraine votes

Poroshenko to form government by narrow margin

Two exit polls indicated that Ukrainian President Petro Poroshenko's party will secure a narrow win in Sunday's parliamentary election, falling substantially short of an outright majority.

The vote, which aimed to overhaul a legislature tainted by its association with the



Voters in Ukraine headed to the polls Sunday to elect a new parliament. EFREM LUKATSKY/THE ASSOCIATED PRESS

ousted former president, Viktor Yanukovich, was expected to usher in a contingent of largely pro-Western lawmakers.

THE ASSOCIATED PRESS

Afghanistan

Afghan mullah sentenced to 20 years for rape

An Afghan court has sentenced a mullah to 20 years in prison after finding the religious teacher guilty of raping a 10-year-old girl.

The sentence, passed by a Kabul judge on Saturday, has been welcomed by family as well as women's support groups as a rare victory in their fight for justice for

female victims of sex crimes. Rape is often treated as adultery in Afghanistan; victims can face prison themselves.

Hassina Sarwari, who runs a shelter for women in northern Kunduz province, where the rape took place, said Sunday that if the trial had not been transferred to Kabul the result would probably have been very different.

The rape took place in May in the girl's home village near the provincial capital, also called Kunduz.

THE ASSOCIATED PRESS

Trick or treat on the business beat



HOW TO ROLL
Alison Griffiths
investing@metronews.ca

October is often full of tricks and treats for the investor and also the business world. This year has been no exception. Here's what was ghoulish and glorious.

Thumbs up:



The stock market. First there was the stomach-dropping slide of more than 10 per cent from September highs during the first half of the month. Then came the 700-point bounce back during the last two weeks. There was much gnashing of teeth about the dive but it was very positive for the patient long-term investor. All those solid stocks that just kept getting more expensive, especially in the oil patch, were suddenly on sale.

The smart money moved in quickly and, voilà, a rebound was born. If you missed it, put together a shopping list of stocks and waste no time buying during the next dip.

Thumbs down:



CEO foot-in-mouth disease strikes again. Don't these fellows (and they are usually guys) have handlers? Here's how the latest gaffes happened. Microsoft CEO Satya Nadella got together with his Apple and Facebook chums, Tim Cook and Mark Zuckerberg, for a little coffee klatch.

They ruminated about how they could best present a solid paternalistic, anti-female front in the decidedly girl-unfriendly world of technology. That should be good for business, right?

Nadella's big idea was to encourage women not to ask for a raise but wait until Daddy offered. Somehow, this lady-

like reticence would translate into good corporate karma. Cook and Zuckerberg thought they could go one better. They decided to provide egg freezing as a health benefit to female employees. That way, the companies could avoid those pesky maternity benefits and when the gals weren't wanted anymore, say around age 40, off they'd go to thaw their eggs and get pregnant on their own time.

Now that's what I call advanced thinking.

Thumbs down:



Two days from now the "low-cost" airline, which provides no-charge jokes with your flight, will ding you \$25 for a first checked bag on economy flights. WestJet was first out of the gate with this abomination, but no surprise, Air Canada quickly followed with baggage charges to begin on Nov. 2.

Halloween scares up big profits

Halloween holds no fear for retailers.

In fact, rather than spooking the economy, all those little (and sometimes not so little) ghosts and goblins scare up monthly spending that is second only to December and the Christmas season.

And with the day falling on a Friday this year, interest will

likely peak as both children and adults go looking for costumes and decorations as well.

Statistics Canada said Canadians doled out \$381 million on candy, confectionery and snack foods last October, leaving the month second only to the nearly \$451 million spent in December.

THE CANADIAN PRESS



Outbreak

Drugmakers bet there's money to be made from Ebola

Drugmakers are racing to develop vaccines and drugs to address the worst outbreak of Ebola in history. It's unclear who will pay for their products, but companies are betting that

international groups and wealthier governments like the U.S. will foot the bill.

There are no proven drugs or vaccines for Ebola, in large part because the disease is so rare that up until now it's been hard to attract research funding. And the West African nations hardest hit by the outbreak are unlikely to be able to afford new Ebola vaccines and drugs. **THE ASSOCIATED PRESS**



The director-general of the World Health Organization in Tunisia.

THE ASSOCIATED PRESS FILE

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DON'T PUT PARLIAMENT HILL ON LOCKDOWN

I walked across the country's front lawn on Saturday night, just to make sure I still could, that it was still our turf.

Parliament Hill had just reopened to the public that day. A single bouquet of flowers had been left at the Eternal Flame, a sweet, quiet counterpoint to the floral outpouring that began at the War Memorial as soon as people were once again permitted near it.

I can't quite see the Peace Tower from my house, but I can from the end of my street. Like many locals, I feel a particular, possessive tie to Parliament Hill. It's a little something more than face paint and flags in summer or hot chocolate and tree-lighting in winter.

It's an everyday Ottawa place, the seat of government, sure, but also the most majestic bus stop in town. It's a star for every tourist's smartphone and camera, and it's our park, a place to assemble and protest or just stretch out on the grass and idle in the sun.

Walking downtown in Ottawa Wednesday night was like vis-



URBAN COMPASS
Steve Collins
ottawa@metronews.ca

iting a sick friend. I hated to see it like this, broken out in a painful rash of yellow tape, police and TV trucks, its heart emptied of people and cordoned off.

Already, though, there was a sense that normal wasn't too far away, that the city was already catching its breath. A couple of blocks down Bank Street, the pub was open and packed with those who found a pint and a friend the best tonic after day of grief, exhaustion and fear. Wednesday was a bad day, and it could have been even worse, but I worry about the lasting effects, whether the parliamentary precinct will come down with another case of bollards and barriers.

The inevitable discussion has already begun as to how much physical security the Hill needs. The ultimate answer, as it is almost any time the question comes up, will almost certainly be "more." That's been the answer every time in recent years as defences and countermeasures have stead-

ily accumulated. Unauthorized vehicles have been banned from the Hill for years, and citizens have to go through a metal detector to enter their own legislature.

It's a little sad, and probably necessary. But every added fortification feels to me like a little surrender, another small capitulation to fear and suspicion.

Also part of the security discussion, I'm heartened to see, is the importance of maintaining the accessible, welcoming face of our parliament buildings. Their openness is a reflection of the people we are.

I don't want to live in the sort of place that's constantly preparing for random horrors like Wednesday's attack. That's not the same as being capable of dealing with them when they arise.

There's a difference between being able to handle some kook with a gun and a policy of treating everyone as a potential kook with a gun. You can call this open, peaceful city a soft target if you want, but I call it home. I don't want to see its defences and heart harden. A surfeit of fences and cameras and guns can imprison as much as it protects.

Metro Bitstrips caption contest



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Bitstrips

Letters

RE: Coverage of the Parliament Hill shooting

Don't call it chaos I need to object to the coverage I read of the Ottawa shooting in Metro, particularly the headline for Trevor Greenway's article "Ottawa thrown into chaos." I didn't see chaos at all in the footage yesterday. I saw policemen doing their jobs bravely and promptly, people from Parliament being whisked away efficiently out of harm's way, and a gunman being stopped. Don't hype things up. **Kristen McKendry, Mississauga ON**

Thanks for staying away from the terrorism label I congratulate your reporters for their excellent reporting of the news related to subject. Your staff avoided tagging Zehaf Bibeau a terrorist and the incident an act of terrorism. I suggested to a senior writer of one daily that it was an oversimplification to identify Zehaf Bibeau as a terrorist. His response in part was: "I think most people would consider someone who shoots and kills a soldier then storms the Parliament Buildings, apparently hoping to kill politicians, to have engaged in an act of terrorism." I pointed out to the senior writer that his response stating that Zehaf Bibeau was "hoping to kill politicians" was speculative. Was Zehaf Bibeau marginalized or radicalized? That is the question that should be addressed. He committed a heinous, despicable crime; however, the answer to the question should be a determinant as the government considers a response.

Alistair Hensler, Ottawa

Muslims against crazy In recent years, I stumbled across Islam and was surprised to find that it was an incredibly peaceful, beautiful, humble way of life. I became Muslim. And now I sit with other Muslims, a sense of foreboding in the air, dreading the news reports. We know we're good people — we know we're better for our belief. But does the rest of the world know? How can they, when they listen to the news: "Islamic militants," "Jihad terrorists." It isn't possible to explain the reasons for the horrors committed around the world, supposedly in the name of Islam. It is, however, possible for me to say how deeply it sickens me. Violence will never solve the world's problems. So let's work towards a new goal. Let's come together, work together, use our minds rather than our fists and draw strength from the collective love in our hearts, rather than being driven by reprisal.

Bridget Mc., Halifax

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 13 in Scene and page 19 in Sports.

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Ebooks



Gone Girl

By. Gillian Flynn

Kindle/iBooks/Kobo

• • • • •



MIND THE APP

Kris Abel
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This dark tale of intricate planning, told far too quickly as a movie, uses husband-and-wife ebook diaries to account for a disturbing disappearance through entirely different perspectives and different timelines. It's a crime puzzle of a thousand well-thought-out pieces and unforeseen revelations that, once assembled, form a massive jaw-dropping tapestry of mob mentalities and painful, human manipulation.

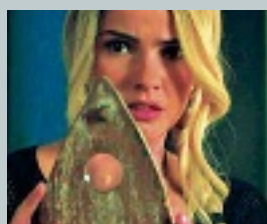
Box office

Ouija scared up enough moviegoers to spell out No. 1

The spirits moved Ouija to No. 1 at the box office, with the board-game adaptation leading the weekend with a \$20 million US debut, according to studio estimates Sunday.

The horror movie release, timed to Halloween, attracted more moviegoers at the box office than the violent Keanu Reeves thriller John Wick. The R-rated hit-man revenge tale opened with \$14.2 million in second place.

Last week's top film, the Brad Pitt Second World War action film Fury slid to third with \$13 million in its second week. **THE ASSOCIATED PRESS**



Low-budget Ouija debuted big to take the top spot. CONTRIBUTED



Weezer frontman Rivers Cuomo, second from right, says the band's new album "ultimately feels triumphant." EMILY SCHUR

Weezer worries about becoming rock geezers

Music. Band tells itself Everything Will Be Alright In the End in new album contemplating a fading career

LISA WEIDENFELD
Metro in Boston

For a band famous for songs about youthful alienation, with titles like The World Has Turned and Left Me Here, naming an album Everything Will Be Alright in the End represents a pretty big step.

But Weezer frontman Rivers Cuomo says that change has been hard-won.

"We went through so many life stages, creative stages, interests, experiences, ups and

downs, and we faced some deeply troubling realities," he says of the years since their last album, 2010's Hurley.

After all of that, Cuomo says the lesson they learned is what led to the band naming their latest album title, Everything Will Be Alright In the End.

"I think really it's just a way to put into one phrase with words the feeling you get from the album where over the course of the 41 minutes," he says. "You go through quite a few different worlds and terrains and ultimately it feels triumphant by the time you get to the final chorus."

The band members are so happy about Everything that they're playing every song from the album at each tour stop, though Cuomo assures us that older songs will be in the mix as well. Asked if

playing those older songs still feels as personal to him as more recent efforts, Cuomo replies, "I feel like Weezer at its best is writing from a very deep, timeless and ageless place that I have no problems relating to. Even with our earliest songs, they feel like us."

That's not to say the new album isn't personal as well.

"I'm always inspired by the emotional push and pull in my relationships and my daily life," he says.

We ask him to explain the ominously titled Eulogy For a Rock Band. The opening lines of the song are, "Goodbye heroes, you had a good run, 15 years of ruling the planet, but now your light's fading." He promises it's not a critique about his own band, but was instead inspired by seeing one of his musical heroes.

"A forefather who's perhaps the biggest rock star of all time in one of the later stages of his career," is all that he will allow. Though Cuomo is cagey about who the musician was, he does say the experience made him think about how "each successive generation is less

familiar with his work and ultimately that means he and his life's work are headed towards oblivion, and realizing that gosh, if that's the fate of his work, then obviously that goes for the rest of us, too."

But hey, everything will be all right in the end, right? Cuomo says keeping to that credo is what gives him the confidence to keep going as an artist.

"Even if we're not 100 per cent certain, that's what we have to tell ourselves," he says.

The band will mostly be playing smaller club shows on the tour, which Cuomo is a big fan of. "Playing giant venues is great because it's just such a spectacle from the stage to see 80,000 people, it's awe-inspiring, but we also love playing for just a few people or a few hundred people, feeling them right next to us, right in front of us. They tend to be the most hard-core fans and will sing every word at the top of their lungs and you know how much your music means to them, and that's what every artist dreams of, and it's the greatest feeling in the world."

The final chorus

"You go through quite a few different worlds and terrains and ultimately it feels triumphant by the time you get to the final chorus."

Weezer frontman Rivers Cuomo describes the band's latest album.

2 SCENE



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12

SCENE

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Monday, October 27, 2014

Indie music fans rewind to the days of cassette tapes

Music. Cheaper to buy and to produce, the derided format of the 1980s is making a comeback

Hitting the road with his band in a beat-up van, Sean Bohrman looked at the cassette deck and, instead of seeing an ancient relic, became inspired. He could listen to his own, and others', albums on the cheap.

Seven years later, Bohrman helps run a label out of southern California, Burger Records, which has sold 350,000 cassettes — tiny in the universe of the music industry, but marking an unlikely mini-revival of an often-decried format whose obituary had been written in the 1990s. "No one, least of all us, expected this to happen," says Bohrman.

In an age where vast volumes of music can be downloaded instantly for free, vinyl has witnessed a rebirth among collectors, with LP sales soaring by one-third in the United States in 2013.



They were great for mixtapes, but cassettes could be frustrating to play. AFP

In an effort reminiscent of events to promote vinyl, dozens of record stores around the world recently held a cassette day, to sell tapes ranging from the new album by rising indie band Foxygen to reissued classics by ironic rockers They Might Be Giants.

Few expect that cassettes — notorious for getting jammed and unspooled — will become the dominant format they were in the 1980s, before CDs took over. Last year, cassettes accounted for fewer than 0.1 per cent of the 289 million albums sold in the U.S., with CDs still topping digital downloads, according to Nielsen.

But Bohrman saw a distinct advantage — it costs his label about \$1 to produce each tape, while a vinyl run could cost thousands and take months. With the lower overhead, Burger Records has specialized in signing obscure garage acts for cassette releases. "You're much more likely to take a chance on music if it's

Quoted

"A lot of people say that they don't have cassette players anymore, but most of them haven't even tried looking."

Sean Bohrman, Burger Records, on the surprising revival of cassette tapes

just costing you \$5 a tape," he says.

And although it is more unwieldy to select tracks on cassettes compared with CDs, MP3s or even vinyl, Bohrman says that is exactly the point. On cassettes, listeners are more likely to take in the whole album.

"A lot of people say that they don't have cassette players anymore, but most of them haven't even tried looking," Bohrman says.

"These are the people who let music come to them. You can sit and let Spotify or Soundcloud or Facebook tell you what to listen to, or you can work to find new music."

Even when stores in industrialized countries stopped stocking cassettes, the format remained vibrant in sub-Saharan Africa, meaning Afropop fans are often obliged to look for tapes. AFP

*This example is based on the results of a theoretical portfolio in a Registered Education Savings Plan with a 6.26% average annualized return, and includes Canada Education Savings Grant (CESG) payments. The CESG will add 20% of the first \$2,500 contributed annually for each eligible child/beneficiary, up to a maximum grant of \$7,200. This example is strictly for illustrative purposes only and is not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially. Investment advice is provided by Royal Mutual Funds Inc. (RMFI). RMFI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec. © / ™ RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ©2014 Royal Bank of Canada.

Avatar Secrets



Episode 10: The Hybrid Reality

Just one level shy of reaching her goal in the game, Tristanova is faced with a moral dilemma. "What you're seeing in the Internet is a mirror of society. If you don't like what you see, fixing the mirror doesn't help. You have to fix what's reflected in the mirror," says Vint Cerf, father of the Internet and Chief Internet Evangelist at Google. Scan this photo for a video of Cerf talking about how the online and real worlds are not that different.



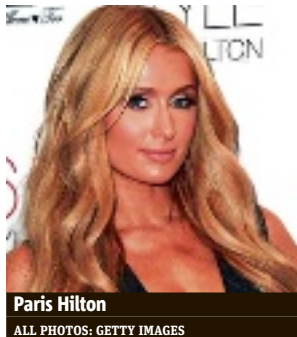
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Visit metronews.ca/avatarsecrets over the next few days as we post daily chapters from Avatar Secrets.

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Hilton's million-dollar DJ gig has Deadmau5 squeaking

You might've gotten upset about the idea of Paris Hilton getting paid more than \$1 million for a DJ set, but you've got nothing on actual DJ Deadmau5. He got so worked up, he had to write a scathing Tumblr post about the whole thing. "Personally, I would pay about as much to see her 'perform' as Indy fans would pay to watch me struggle to get out of first gear and 20 feet off the starting grid in an Indy500 race without ending up in a wreck," he writes. "Get the f--- back in your go-kart. No need to prove that you found someone stupid enough to consider paying you a mil-



lion dollars for something the world knows you aren't. Because here's what you actually are to everyone who knows better: ticket sales. Nothing more."

Twitter



@Jeff_Daniels
I'm told I'm trending



@chelseahandler
Visiting my nephews college dorm. I've never been so thankful I skipped college, or rather, college skipped me

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Brad Pitt's 'career maintenance' tip was a Trojan horse



NED EHRBAR
Metro in Hollywood

OK, here's a fun game. In the latest issue of Details magazine, Brad Pitt is featured in a fancy photo series shot by Mark Seliger, and instead of a full accompanying interview, the magazine dapples the images with some "interesting" quotes by Pitt. One of them is pretty interesting, actually: "I was once talked into a film for 'career maintenance.'

"I have not made that mistake since," Pitt says. Which begs the question, which film is he talking about?

While Pitt has generally been pretty good at picking projects, he's gotten really careful since shacking up with Angelina Jolie. But that also coincides nicely with his production company, Plan B, getting more clout. So I'm putting my money on 2004's laughable Troy, an uncharacteristically Big Hollywood choice for Pitt — and one that he looks palpably uncomfortable in.

There's also a slight possibility he's talking about The Mexican, but that film's kind of adorable in its own scruffy way, and Pitt seemed to be having such a good time doing it that I doubt it. I'm still going with the terrible, terrible swords-and-sandals epic misfire.



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Leasing a car can make sense depending on your situation

Lease or finance? If you're leasing just to free up cash for stupid stuff, then you're doing it wrong



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

A friend of mine was telling me he's in the market for a new car.

"Paying cash, financing or leasing?" I asked, not realizing I was about to step into a pile of poop.

"Lease?!" he shouted, the spittle flying. "And you call yourself a financial whiz."

Actually, I don't. Other people may, but I just consider myself a chick who is sensible with her money. Anyhoo, I said, "So, what do you have against leasing?"

"Well, that's like dumping a whole bunch of money into a vehicle that you'll never own. It's stupid. Like renting."

Whoa now, buddy, renting isn't stupid, and neither is leasing, for the right person and the right reasons. (He might be considered stupid for buying a new car and taking the depreciation hit when he drives it off the lot, but I digress.) Let's look at some facts about leasing, then, shall we?

Fact 1: When you lease,



Leasing can work to your advantage sometimes. ISTOCK PHOTO

you only pay for the vehicle's depreciation over the term of your lease. To figure this out, take the residual value (the estimated value of the vehicle at the end of the lease term) and subtract it from the total purchase price. This is the amount on which your payments are based, plus the lease (interest) rate you're paying and applicable taxes.

Fact 2: At the end of your lease, you have the option of either buying the vehicle

for the predetermined residual value, or returning it to the dealer. If you return the vehicle, it was like renting the car. If you buy it out, it's more like another form of financing.

Fact 3: A lease will mean substantially lower monthly payments because you are not making any payments on said residual value. That can free up cash flow for other things, like paying down debt that's costing you more in interest. But you will have to come up with

the residual value if you want to buy the vehicle at the end of the lease. (Yes, you can refinance the buyout, but that's gonna cost you interest, too.)

Fact 4: You will pay more to lease if you assume the same purchase price, interest rates and total number of payments plus the residual value. What a lot of people don't get is that while you're leasing, you pay interest on the full value of the vehicle, including the residual value. When you use financing, the amount on which interest is being calculated is reduced at a faster rate so you end up paying less.

Fact 5: Leasing can work out to be cheaper. If the interest rate on the lease is lower (or if the financing term is longer), the lease will be less expensive. With the current trend of up to 84-month financing, the interest costs on loans can outstrip leasing costs. Shop smart. If lease rates are better than financing rates because manufacturers are subsidizing their leases, you'll win on the lease.

Fact 6: Dealers have been known to jack up the price on a vehicle depending on how you plan to finance the purchase. Don't go in declaring how you're going to pay.

As far as the dealer is concerned, you don't have a trade-in, you don't need financing, and you don't plan to lease. You're just pricing out the car.

If you're prepared to spend a little money to get the best deal (\$40), go to carcostcanada.com for the wholesale price on

Who benefits from leasing

If you are self-employed or have a company through which you are running your vehicle(s), leasing may offer a bigger tax payoff than financing.

Or, if you're determined to buy out the vehicle but need some breathing room in your cash flow, leasing can work to your advantage. You'll not only make your monthly lease payments on time, you'll also be socking away the money you need to make the buyout.

the car you're considering.

Fact 7: It's your job to read and understand your lease, including knowing your mileage and wear limits, overage charges, termination charges, and buyout fees. If you know you drive a lot and the kilometre allowance will be used up in no time flat, reconcile yourself to buying out the vehicle and start saving to do it.

But if you're leasing just to have extra money to spend on stupid stuff, then you're using the strategy the wrong way. Stick with the discipline financing offers. And make sure you stay under 48 months for your loan.

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Keep gossiping! Study says it's good for us

Judging others.

Research finds positive gossip motivates us, while negative gossip triggers self-protection

Our penchant for gossip is sometimes referred to as the root of all evil, but it can help us adapt to a new social environment, help us improve on ourselves and reveal potential threats, according to a new study at the University of Groningen in the Netherlands.

"For example, hearing positive stories about others may be informative, because they sug-

gest ways to improve oneself," says lead researcher Elena Martinescu. "Hearing negative gossip may be flattering, because it suggests that others (the gossip target) may function less well than we do. However, negative gossip may also be threatening to the self, because it suggests a malign social environment in which one may easily fall victim to negative treatments."

In the two-part study, 183 participants were asked to recall a time when they received gossip, positive or negative. Researchers assessed the gossip, pertaining to how it could affect the receiver in terms of self-improvement, self-promotion and self-protection.

The participants in the

second study were asked to pretend they had written a job description presented to them. They then received either negative or positive gossip about another's performance.

The two experiments had similar results: Those who received positive gossip were motivated by someone else's success, and those who received negative gossip showed a desire to protect themselves.

Researchers concluded that gossip isn't so bad after all.

"Receiving gossip about other people is a valuable source of knowledge about ourselves, because we implicitly compare ourselves with the people we hear gossip about," says Martinescu. **AFP**



Gossiping inspires us to be stronger and better people, study suggests. AFP

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Entrepreneurs encourage diners to give back while gobbling down

Charitable chow.

Young trio turns dining out into helping out with their Mealshare program

The next time you dine out, you could also do a good deed by providing a meal for someone else.

With Mealshare, every time a patron picks an item branded with the organization's logo from the menu of a participating restaurant, money is donated to charity.

Three young men from western Canada are the brains behind Mealshare, which launched in July 2013 with four partner restaurants. The organization has expanded to 84 partner

restaurants in seven cities across the country. Nearly 114,000 meals have been served.

"Mealshare really is very, very simple at its core, and really what it is is a buy one, give one concept and I really do think that's why it's been having so much success ... because customers can completely understand the concept and the promise we give our restaurant partners and their customers which is, 'You see this meal in front of you, you're having this amazing experience and ... I know just because I picked the particular item off the menu that had a specific logo someone else is getting a meal as well.' That tangibility of that one for one is really apparent," said Derek Juno, vice-president of development



Jeremy Bryant, Andrew Hall and Derek Juno are the founders of Mealshare, a program which sees a meal donated to someone in need each time a diner orders an item with the Mealshare logo next to it at a partner restaurant.

BREANNE SICH/MEALSHARE

for Mealshare.

There is no added cost to the customer. The res-

taurant contributes a small amount (about \$1) for every Mealshare item ordered to the organization. Customers receive a thank-you card embedded with seeds that can be planted in a garden or windowsill pot.

Co-founders Andrew Hall and Jeremy Bryant were working at multinational consulting and accounting firms and wanted to do

more to give back to those less fortunate. Meanwhile, Juno, who met Hall in business school, travelled for eight months in southeast Asia in 2012, where he spent some time teaching English at an orphanage and school in Cambodia.

He too had been casting about for a way to provide financial sustainability for the organization he'd been

Chew on this

"We soon found out that eight million people dine out every single day in Canada and if we could get a small portion of those people eating Mealshare meals we could do amazing things."

Derek Juno
Co-founder of Mealshare

working for.

As their idea was percolating, "we soon found out that eight million people dine out every single day in Canada and if we could get a small portion of those people eating Mealshare meals we could do amazing things," said Juno, who worked on the initiative full-time upon his return to Vancouver from travelling. Fellow Vancouverite Hall and Edmonton-based Bryant quit their well-paying jobs to pursue Mealshare.

Juno acknowledged that for quite some time the initiative was a labour of love for the three 25-year-olds.

"We were doing it on a volunteer basis for about seven months and then we started taking a small honorarium just to keep the lights on and we've been really, really lucky that we've had so much support over the last 15 months that we've been able to grow really, really quickly."

THE CANADIAN PRESS

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Growing for good

- Save the Children provides meals to children in schools in Africa on Mealshare's behalf. Juno said they have made a three-year commitment to the charity.
- Last month, Mealshare launched at three Halifax establishments. There are plans to start up next month in Lethbridge, Alta., as well as with a chain in western Canada with 62 locations.

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Mediterranean Turkey Meatloaf Stuffed with Spinach and Feta. A new spin on an old fave

This meatloaf made with ground turkey is so versatile that you can serve it for a Monday night dinner or an elegant dinner party.

Ingredients

Filling

- 1 cup finely diced onion
- 2 tsp vegetable oil
- 1 tsp minced garlic
- Half package frozen chopped spinach, thawed and squeezed dry
- 1 1/2 oz crumbled feta cheese

Meatloaf

- 1 1/2 lb ground turkey
- 1/2 cup seasoned bread crumbs

FLASH FOOD



From your fridge
to your table in
30 minutes or less

Ground turkey or chicken is a healthier alternative to beef. Four ounces of beef has 300 calories and 20 grams of fat, compared to lean turkey, which contains only 130 calories and seven grams of fat per four-ounce serving.

That's a considerable saving in terms of your calories, fat, cholesterol and heart health.

Not to mention your weight!

Turkey is loaded with B vitamins and selenium, an antioxidant necessary for thyroid metabolism. It is, however, most known for tryptophan, an amino acid that triggers serotonin production, which calms you and helps you sleep.

I keep the lean turkey moist in this meatloaf by adding tomato sauce. You can also add ketchup or barbecue sauce.

The Mediterranean filling is what really takes this meatloaf to a more elegant level.

When sliced, the filling is attractive to look at and adds the distinct taste to the milder turkey flavour.

Directions

1. Preheat your oven to 425 F. Spray an 8-inch by 4-inch loaf pan with vegetable oil.

2. Filling: In a small skillet sprayed with vegetable oil, sauté the finely diced onions in oil and garlic for 3 minutes or just until tender. Add the spinach and feta cheese.

3. Meatloaf: Combine all of

Nutritional information

Per serving

- Calories. 305
- Carbohydrates. 10 g
- Fibre. 1.1 g
- Protein. 25 g
- Total fat. 19 g
- Saturated fat. 5.5 g
- Cholesterol. 118 mg
- Sodium. 453 mg

the ingredients until they are well mixed.

4. Pat half the meat into a pan, place spinach topping over top, add remaining meat over top and pat down. Pour tomato sauce over top. Bake for 25 minutes or until internal temperature reaches 165 F.

5. Garnish with cheese.



This recipe serves six. ROSE REISMAN

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Giants right-fielder Hunter Pence makes a sliding catch against the Royals in Game 4 of the World Series on Saturday in San Francisco. JAMIE SQUIRE/GETTY IMAGES

Pence's hairy style a pretty fit in San Fran

World Series. Giants right-fielder proving to be a clutch player on the big stage

His throwing motion is weird, his swing is awkward, his tongue hangs out when he chases flyballs.

Whatever he's doing, wide-eyed Hunter Pence often looks out of whack.

Which makes the San Francisco right-fielder a perfect fit for the quirky ballpark and

spirited crowds at home in the World Series. His personality and production make him really popular on the Giants, too.

"I mean, he's the guy that's a vocal leader on the team, and he gets guys fired up," rookie second baseman Joe Panik said.

"And with his play, he's all-out and gives everything he's got. It's spectacular to watch. He's fun to watch. He's really big to this team. He's in the middle of a lot of things, offensively and defensively," he said.

Pence came through again Saturday, getting three hits and driving in three runs as

Game 5 coverage

Go to metronews.ca for coverage of Game 5 of the World Series.



the Giants surged past the Kansas City Royals 11-4, tying the World Series at two games apiece. Game 5 was set for Sunday at AT&T Park.

Pence certainly isn't the model for how a Little League coach would teach a youngster to play. Yet there is no con-

testing his results.

Through four games, he'd gone 7-for-15 and was hitting .467, best among World Series regulars. He led with five RBIs, too, and had scored four runs.

Overall, Pence had reached base safely in 17 straight post-season games, dating to when the Giants won the 2012 championship.

"If I was to say the keys to my success, trying not to do too much sometimes," he said. "I think I had struggles when I was younger, and I still have a lot to learn and get better."

THE ASSOCIATED PRESS

NHL

Little, Jets pull victory from Avalanche in OT

Bryan Little redirected an Andrew Ladd backhand shot with 25 seconds left in overtime to give the Winnipeg Jets a 2-1 victory over the Colorado Avalanche on Sunday afternoon.

Ladd also had the game's first goal — which was his 100th with the franchise — while Ondrej Pavelec stopped 22 shots in regulation and overtime.

It was Winnipeg's (3-5-0) first game of the season that went to extra time. Colorado (2-4-3) has now lost three in overtime.

Jamie McGinn scored Colorado's goal and Semyon Varlamov faced 28 shots. THE CANADIAN PRESS

Tennis

Pospisil claims third doubles title of the year

Canada's Vasek Pospisil and Serbia's Nenad Zimonjic won the doubles title on Sunday at the Swiss Indoors.

First-time combination Pospisil and Zimonjic defeated Finn Henri Kontinen and Marin Draganja of Croatia 7-6 (13), 1-6, 10-5 for the trophy.

Pospisil, from Vancouver, added the indoor crown to two more titles this season with American Jack Sock. That pair will resume its partnership next week in Paris in a bid for a qualifying place in the World Tour Finals in London next month.

THE CANADIAN PRESS

Serena bounces back to win WTA Finals



Serena Williams defeated Simona Halep in the final of the WTA Finals on Sunday in Singapore. JULIAN FINNEY/GETTY IMAGES

The lead-up to Sunday's championship match at the WTA Finals suggested Serena Williams would face a major challenge to beat Simona Halep, but then, the No. 1-ranked player has made a career out of performing at her best when it matters most.

She did it again in Singapore, dispatching Halep 6-3, 6-0 just four days after a group-stage game between the pair in which the Romanian player dropped only two games and handed Williams her heaviest defeat for 16 years.

Quoted

"I was expecting a much better player than I was in the earlier round. Being ready for that really was able to help me out." Serena Williams

Coming into the tournament after having to withdraw from the China Open and Wuhan Open with illness and a knee injury, and just a

day after a gruelling three-set classic against Caroline Wozniacki, there was plenty of reasons to believe the 33-year-old could be vulnerable.

The doubts, though, were quickly swept aside as Williams overpowered her opponent in an imperious performance.

She won 11 of the last 12 games in the match to join Martina Navratilova and Steffi Graf as the only players to have won five titles in the season-ending championships.

THE ASSOCIATED PRESS

Soccer

Wambach powers U.S. women to CONCACAF title

Abby Wambach scored four goals and the World Cup-bound United States defeated Costa Rica 6-0 Sunday night for the team's fifth CONCACAF Women's Championship title. **THE ASSOCIATED PRESS**

NASCAR

Earnhardt Jr. delivers victory

Dale Earnhardt Jr. earned his fourth win of the season on Sunday at Martinsville Speedway in an emotional victory a week after he was eliminated from the Chase for the Sprint Cup championship. **THE ASSOCIATED PRESS**



Dale Earnhardt Jr. crosses the finish line on Sunday in Martinsville, Va. GETTY IMAGES

Baseball

Cardinal rookie dies in car crash

Authorities say St. Louis Cardinals outfielder Oscar Taveras, 22, has died in a car accident in the Dominican Republic. Police confirmed Taveras' death on Twitter.

Taveras made his major league debut this year. **THE ASSOCIATED PRESS**

NBA



"It feels great, especially for me because I'm

used to having 10 or 11 new players coming in every year." DeMar DeRozan, describing the largely intact Atlantic Division champion Toronto Raptors who start their season on Wednesday when they host the Atlanta Hawks.

This is not a drill: Jets lose to Bills

NFL. New York torched by its own turnovers at home in seventh straight loss

Ten completions, four touchdowns.

Kyle Orton didn't have to do much for the Buffalo Bills, not when the New York Jets had six turnovers — three each by Geno Smith and Michael Vick — in a 43-23 rout Sunday.

"He went out there, made his throws and threw for four touchdowns," Bills coach Doug Marrone said of Orton.

"He knew exactly what he wanted to do. When you have a veteran quarterback like

On Sunday

43

Bills

23

Jets

that, he's going to make the right plays."

Orton tied a career high with his four TD passes, and won for the third time in four games since replacing EJ Manuel as the starting quarterback for the Bills (5-3).

Orton finished 10 of 17 for 238 yards, connecting with Robert Woods, Lee Smith, Scott Chandler and Sammy Watkins for scores.

Watkins had three catches for 157 yards — but was embarrassed when he was caught from behind while celebrating early on what appeared would be a long TD. Without the injured Fred Jackson and C.J. Spiller in the backfield, the Bills rushed for just 67 yards.

But Stephon Gilmore, Preston Brown, Aaron Williams

and Da'Norris Searcy had interceptions for the Bills, who sent the struggling Jets (1-7) to their seventh straight loss.

"No doubt, our defence is incredible and one of the best in the league," Orton said. "Any time your defence gets six turnovers, it makes your job easier."

The Jets have lost seven in a row for the first time since 2005, in Herm Edwards' final season as coach. Smith threw interceptions on three consecutive possessions in the first quarter and was pulled in favour of Vick, who was picked off once and lost two fumbles.

"Let me tell you," coach Rex Ryan said, "I'm getting sick and tired of the losing, that's for sure."

New York announced after the game that Smith had X-rays on his right shoulder after the game, but did not immediately announce results. The injury was not believed to have affected Smith's performance.

Ryan didn't immediately announce whether Smith or Vick would start next week at Kansas City.

THE ASSOCIATED PRESS



Robert Woods of the Buffalo Bills celebrates scoring a first-quarter touchdown with teammate Mike Williams against the New York Jets at MetLife Stadium in East Rutherford, N.J. The Bills fully capitalized on the Jets' six turnovers on their way to a dominant 43-23 win. Scan the image with your Metro News app for more NFL Sunday coverage.

ALEX GOODLETT/GETTY IMAGES

Geno throws it away

"We didn't execute, and when I say 'we,' I mean myself because it was just atrocious the way I started out."

Jets quarterback Geno Smith

RVP strips Chelsea of three-point punctuation



Manchester United striker Robin van Persie tosses his shirt in celebration after scoring the equalizer against Chelsea on Sunday. ALEX LIVESEY/GETTY IMAGES

Robin van Persie rescued Manchester United with a goal in the fourth minute of stoppage time to earn a 1-1 draw with Premier League leader Chelsea on Sunday.

The Netherlands striker rammed home a loose ball from seven metres to make amends for his error that helped Chelsea take the lead in the 53rd minute through veteran striker Didier Drogba.

Drogba met a corner from Cesc Fabregas with a towering header that should have been kept out by Van Persie, who was supposed to be guarding the near post.

Chelsea looked like seeing the game out until right back

Branislav Ivanovic was sent off in stoppage time for picking up a second booking for a foul on Angel Di Maria. United scored from the resulting free kick, with Van Persie pouncing after Marouane Fellaini's header was parried out by goalkeeper Thibaut Courtois.

Chelsea's lead has been cut to four points by surprising Southampton but Jose Mourinho's unbeaten team is now six points ahead of third-place Manchester City, arguably its biggest rival for the title.

Still this was an opportunity lost by Chelsea, which threw away two points in Manchester like it did a month ago by conceding late in a 1-1 draw

at City.

"Is it a good result? I don't think so," Mourinho said. "Was it a good performance? Yes."

United stayed 10 points behind Chelsea but is showing great fighting spirit under Louis van Gaal, having also scored late in a 2-2 draw at West Bromwich Albion on Monday.

"I've said to the players we could have won," Van Gaal said. "And when you can do that again the best team in this league at this moment it is a good sign."

"I am pleased that they are fighting to the end."

THE ASSOCIATED PRESS

Around Europe on Sunday

- In Spain.** Nordin Amrabat scored a goal and set up two to lead Malaga to a 4-0 rout of visitors Rayo Vallecano.
- In Germany.** Borussia Moenchengladbach held Bayern Munich to a 0-0 draw as the Bundesliga's top two teams maintained unbeaten seasons.
- In Italy.** Juventus beat Palermo 2-0 to move three points clear atop Serie A.
- In France.** Brazilian midfielder Carlos Eduardo scored an astonishing five goals as Nice won 7-2 away to Guingamp.

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on Metro's
Voices page.

Horoscopes by Sally Brompton**♈ Aries****March 21 - April 20**

Half of you wants to be sociable but the other half wants to shun the limelight. Dedicate the day to meeting people and the nighttime to enjoying solitude.

♉ Taurus**April 21 - May 21**

The problem you will be faced with over the next few days is really quite simple, which means the answer must be simple too. Don't complicate it.

♊ Gemini**May 22 - June 21**

Neptune's negative influence is eroding your confidence and exposing you to fears that really are not warranted. Fortunately, your current negative state of mind is unlikely to last.

♋ Cancer**June 22 - July 23**

If you measure success in terms of winning and losing then, inevitably, you will never be truly satisfied. Real success means being a better person today than you were yesterday.

♌ Leo**July 24 - Aug. 23**

Why do you fear that if you don't act now you will never get another chance? You will always get another chance, so lighten up and live in the moment.

♍ Virgo**Aug. 24 - Sept. 23**

According to the planets you need to be a bit more assertive and arrogant in your approach to life. Too often you act as if you believe you don't deserve to be the one who wins.

♎ Libra**Sept. 24 - Oct. 23**

Put others' needs first over the next 24 hours. A good deed done today will come back to you several times over before the end of the year.

♏ Scorpio**Oct. 24 - Nov. 22**

What happened to all those promises you made to yourself earlier in the year? You are now in the ideal position to do something about them.

♐ Sagittarius**Nov. 23 - Dec. 21**

You may feel that a situation is getting out of hand but it is as bad as you fear? Probably not. Sometimes you fear the worst even when you have every reason to expect the best.

♑ Capricorn**Dec. 22 - Jan. 20**

Those who oppose you will place all kinds of obstacles in your path over the next few days but you will smash through them all with ease.

♒ Aquarius**Jan. 21 - Feb. 19**

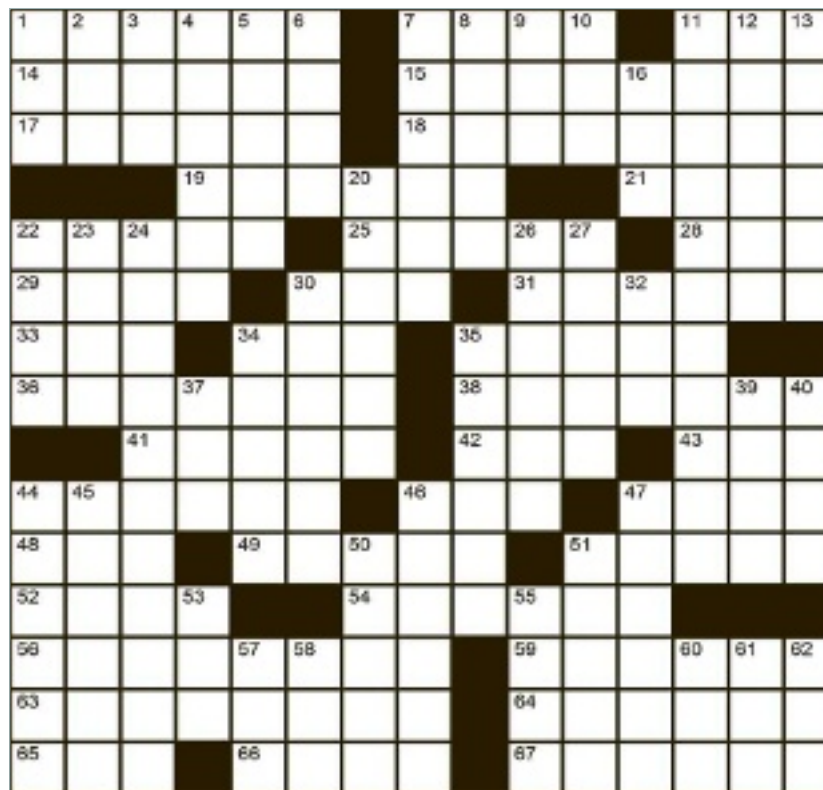
Don't let money worries detract from what promises to be an excellent week. There is nothing you can do to change the situation at the moment, so put it out of your mind.

♓ Pisces**Feb. 20 - March 20**

The reason you feel stuck is because you don't have a clear idea of what you are aiming for. Your first task today is to identify your goal and draw up a plan that will take you to it.

Crossword: Canada Across and Down by Kelly Ann Buchanan**Across**

1. Language of the Metis people
7. Catch a glimpse
11. ___ relief (Sculpture type)
14. Ms. Andress of "Dr. No" (1962)
15. Alberta town
17. In a dismal manner
18. Maestro Fresh Wes smash: "Let Your ___ Slide"
19. Rally to action
21. Comparable
22. Postpone
25. Follow...
28. Arrange
29. ___ Wynne Stadium (Tiger-Cats field, formerly)
30. "Married... with Children" mom
31. Careless
33. Terrain-y prefix
34. Calendar mo.
35. Neck, slang-style
36. Zeals
38. Posh hairstyle
41. Flare
42. Cowboy's command
43. Wedding promise: 2 wds.
44. Made Figure 8s
46. Max. opposite
47. Combing problem
48. A.A. Milne play, Mr. ___ Passes By
49. English diarist, Samuel ___ (b.1633 - d.1703)
51. Greek alphabet's



- 'S'
52. Agents [abbr.]
54. Valcourt, QC born founder of Bombardier, Joseph-___
56. Prince Edward ___ (Atlantic Canada denizen)
59. Make do
63. Environmental

- activist Ms. Berman, born in London, ON
64. HMS ___ (Franklin Expedition ship)
65. '___' in Zed
66. Lion lairs
67. Most tricky

Down

1. Coffee cup
2. Out of the ordinary,

- for short
3. CBS series, commonly
4. Toronto college/river
5. More well ...not!
6. Cardston, Alberta born actress Ms. Wray's (b.1907 - d.2004)
7. Declining

8. Department store
9. Early-'80s song: "___-Man Fever"
10. Laughter sound
11. Author's promotional event: 2 wds.
12. Pistol ___ (Country music group)
13. Surgically-inserted 'tubes'
16. Financial deg.

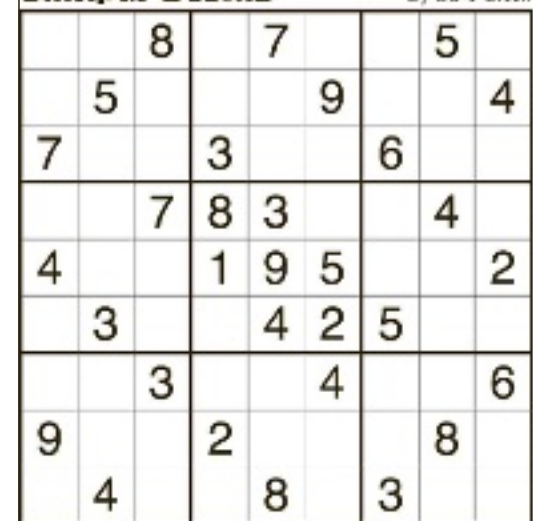
20. ___-weensy
22. "___ Pony" by The Beatles
23. Bryan Adams' "Have You ___ Really Loved a Woman?"
24. Grocery store's free bites: 2 wds.
26. Sea ___ (Aquatic creature)
27. Frightening
30. Event for a marching band
32. Maclean's, e.g.
34. Orange ___ (Drink)
35. Division in a group
37. Select
39. Khloe's ex Lamar
40. "___ chance!" (Never!)
44. Apply hairspray
45. 'Sound of a Woman': New album by what Calgary-born singer/songwriter?
46. Christmas resins
47. Type of bean
50. Praiseful hymn in ancient Greece
51. Canine's choleric caution
53. Maple syrup origin
55. Souls: French
57. Zzzzz... Land of ___
58. Rap Dr.
60. Pres. Lincoln
61. Mr. Van Sant of movies
62. East: French

Friday's Crossword**Online**

See today's answers at
metronews.ca/answers

**Sudoku****How to play**

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku**Conceptis Sudoku** By Dave Green

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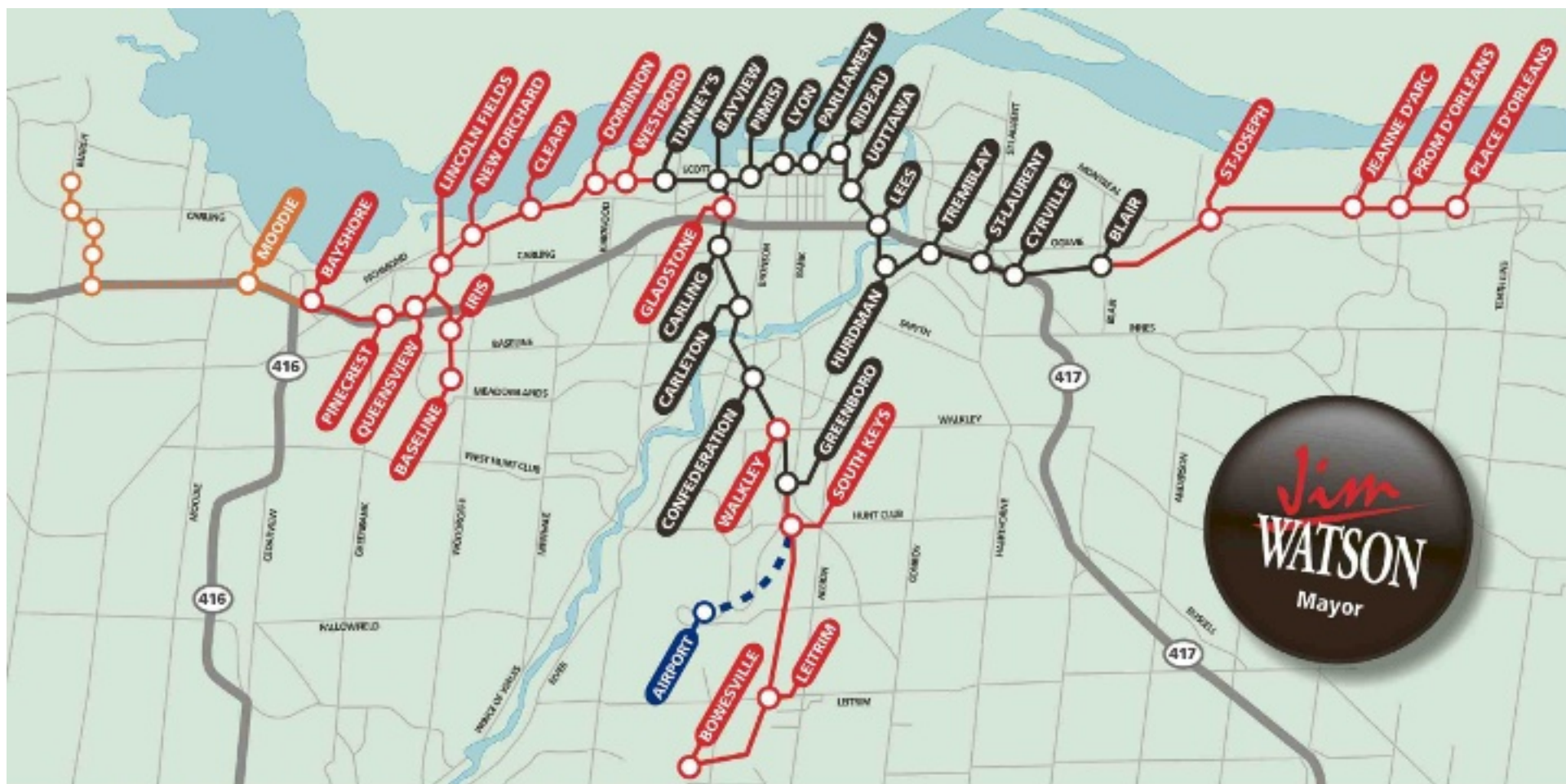
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- Finish the Ottawa River cleanup
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